

11:00
Sunday 18th May 2025



**CURLY'S
ATHLETES**

**BISHOP
BURTON**
College

HELLO!

...and welcome to our first ever Farm Run 10k !

Curly's Athletes are super excited to be partnering up with our Fitmums & Friends chums and the lovely Bishop Burton College team!

Taking place on the 28th of September 2025 from the rather stunning Bishop Burton College, we take our lovely athletes out on a 10k road running adventure around the grounds, out to the local villages and closed country roads.
With of course a VERY farm based theme :)

We have incredible facilities at the college, a start and finish in the grounds, loads of parking, plenty of toilets (phew!), and a very farmy vibe.

It's a lovely place to be hosting an event from!

... and don't worry we're not taking you across fields, this is an all 'on road' run and yes our sheep onesies are on order!

An extra thank you to those clubs, groups and organisations getting involved and making the day special for our runners. You'll see volunteers at various points cheering you on, so if you're not too tired, then shout them a thank you :)



Meet Fitmums & friends



Fitmums & Friends is a not-for-profit charity affiliated with England Athletics that offers a variety of activities for people of all ages and abilities, including running, walking, cycling, buggy sessions, and junior athletics. They aim to create a safe and supportive

environment where everyone can be active and connected...They are also very excited about hosting the Farm Run 10k and sheep onesies!

Say hi to Curly's Athletes



Curly's Athletes are a fun loving community and charity event team :) Curly's put 'purpose before profit' in our pursuit to help inspire people into physical activity... we believe 'everyone is an athlete' so we do our best to make sure everyone has the opportunity to find their athletic inspiration and create a fun, friendly and

supportive environment :) (and yes we also love a sheep onesie!) Supporting over 20 charity partners and turning profit from events into opportunities for communities to get active through our Get Active Locally programme. From 1 mile runs to ultra marathons, 24 hour events, triathlons, safaris, expeditions and everything in between (we really do love what we do!)

Introducing the Bishop Burton Team



Bishop Burton College is a specialist land-based college in East Yorkshire, England, offering education and training in agriculture, animal management, equine studies, and related fields. It also provides courses in complementary subjects like sport, art, and design, and business. The college is known for its high-quality education and training, particularly in agricultural and land-based sectors.

Race numbers and help!

Numbers are collected on the Sunday Morning 08:15-09:45 from the Sports & Fitness Centre in the grounds of Bishop Burton College (see our handy map later in the pack). It will be signed with 'Registration' and small arrows leading you in from the car parks.

Burton York Road Beverley East Yorkshire HU17 8QG

What 3 Words: [///piper.startles.blurs](http://piper.startles.blurs)

You can also pick up friends/team mates/family members numbers. Just come armed with their surname, their DOB, or postcode so we can verify :)

You may notice your envelope has been used more than once (don't worry we've been recycling, **and if you return your envelope to us at registration vs putting it in the bin we will re-use again.**

DO NOT SWAP NUMBERS! -this is to protect our runners, and in case of an emergency, we know who were looking after. We have a great LATE MATE system that helps you do this up to 48 hours before :)

Come armed ready to get your number. Numbers are in surname order. The car parks are around 200m from registration and registration is around 250 metres from the start/finish line.

Inside your race envelope

- Your race number. Attached to the rear of this is your timing chip, so please don't bend/fold this section or it will result in you not receiving a finishing time!
- 4 x safety pins

Event t-shirts - If you have ordered one of our 100% re-cycled material t shirts that are new for this year; it will be available for collection with your number. If you would like one but have not already ordered one, we will have limited stock available for £11 to purchase on the day. Profits from t-shirts at this event help us hire and open local athletics tracks to runners (for free) and supports our free kids coaching sessions :)

Help! Most answers to queries can be found in this information pack, or on our website www.curlysathletes.co.uk, but for anything further please get in touch. contact@curlysathletes.co.uk It's much better to get in touch ahead of the day vs leaving it for event morning-we run to really strict timing plans, so we will always be helpful, but we may just be a tad busy :) ps: we will be out of office 48 hours before the day setting up the event.

Bags! No bag drop for this year, so where possible please leave with spectators, or in the boot of your vehicle.


Event day timings, trophies, toilets, spectators, parking & volunteering!

08:15-09:45 Registration opens :)

09:30-11:30 **Local road closures** - From 8km the event is all back in the grounds of Bishop Burton and not on the main roads, if you are on course after we re-open the roads at 11:30, don't worry we will escort you in with our safety vehicles and team. As for travelling in, most people won't be impacted as the closure is off the main access roads.

09:45 **The short walk** - we will begin moving/encouraging/dragging people to the start line! Please position yourself sensibly at the start line, we will have pacing boards up, so please align yourself with your expected finishing time (as well as you can) this allows for a nice smooth race and faster times.

09:55 **Race urgent announcements** - If we have any updates in the lead up to the day in addition to this information pack then we will post onto our social media or include in email communications :) However, any urgent elements / changes, we will announce at the start line via a portable PA, so listen up

10:00 Event starts with a bang and lots of cheering, led out by our safety vehicle and LEAD TRACTOR!!! :) 

10:30-10:32 (est) First finisher

***PLEASE BE NICE AND KEEP OUT OF THE WAY** - When you've finished your run and especially if you head to the cafe or go to cool down, please be aware we have runners on course doing amazing things... so get out of their way and make sure they have a great race, you would be pretty huffy if people walked in front of you ;)

11:05-11:30 (est) Presentations, we have Male / Female 1,2,3 and then first in each age group (rolled down to the next person if you have a 1,2,3 claim) check our live results page before you leave (this link will be on the event page on or website or in the athletes zone on Curlys Athletes website. These are ongoing during the race just to the side of the finish.

11:45-12:00 (est) Final finisher

Toilets You'll find these near the registration area and the cafe, we have also brought in additional portaloos to support and we will sign up all the toilets. As always they will be busy so expect a slight queue :)

Parking We have two main car parks on the day (see map further on in pack). Disabled and cycle parking is marked and in the North Car Park.

The North Car Park is accessed outside the village of Bishop Burton and further north on York Road, What 3 Words access point: [buzz.bulb.rehearsed](https://maps.app.goo.gl/ABAEncT2TV4kTEW9) or go to <https://maps.app.goo.gl/ABAEncT2TV4kTEW9>

The South Car Park is also accessed via York Road but right in the centre of Bishop Burton Village, What 3 Word access point: [dives.gain.limelight](https://maps.app.goo.gl/1mmxR35VVsdNVPabA) or go to <https://maps.app.goo.gl/1mmxR35VVsdNVPabA>

Volunteers, please see our volunteer page for your parking :)

PLEASE CAR SHARE WHERE YOU CAN

Spectators- We're assuming they'll be at the start to send you off! The course has been designed to ensure it's as lively as possible! (we've attached a map), but you can see your runner at the Start, 2km, 8km and again at the Finish (all within 200-400 metres of each other.) Remember, road closures are in place, so you can't drive out onto the house and please do not pass through barriers / taped or coned area as these all be out of bounds. Also be aware even if your runner has finished others are around so stay off the run route as you move around.

GET INVOLVED - If you fancy helping out on the course, or setting up your own cheer station, please get in touch and let us know at contact@curlysathletes.co.uk.

A few other questions you may ask!

- **Is it an on road event?** Yes it is, around 4km in total is in the grounds of Bishop Burton College, which is internal roads and then out onto the road to Cherry Burton, up to Etton and returning (these are closed roads for the event)
- **Do you have a cut off time to complete?** Nope, we will reopen the road network after 90 minutes but from 8km you're into the private grounds so at walking pace you would be all back into the grounds. If not then we will escort you in :)
- **Is it flat? Nope :)** (some bit are) and you can check out the elevation on the website or scroll on for an image.. Remember not every great achievement is easy, so yup we've some lumps and bumps in the run, but as per the challenges our farming friends face it's not always easy so every one of your steps recognises some of the challenges our farming friends face to pop food on our plates x so 'No Pain No Grain!'
- **Free spots for farmers?** ... yup why not :) so the logistics around this we haven't really worked out for year one! but we have 20 free spots initially one per farm in the local area (sadly we can't do it for everyone who works on the farm or every farm) so if you do look after a farm and you're within a 20 mile radius of Bishop Burton, then get in touch (and bear with us ... this is new!)
- **Is it chip timed?** yes it is and it will be licensed with England Athletics
- **I require a guide runner, is that ok ?** Of course! ... and your guide will run for free, just add the details when you sign up
- **CAKE? MEDALS?** ... yes all waiting for you at the finish, of this event we have a very special 'speciality' of Bishop Burton College, which is a Bronkie ! (Cookie / brownie)
- **CAFE!** ... Manned by the lovely Bishop Burton Cafe team, it's based just down near the finish and provides a handy spectator point to watch finishing runners come win over a warm beverage :)

Runners well-being

- **Medics**, our medical team will be on hand throughout the event. Based at the aid stations, on course and vehicles moving up and down the course. For top tips visit <http://www.runnersmedicalresource.com/en/>
- **Headphones**, we won't ban headphones as the race is held on a fully closed road and we understand for a lot of people this helps in different ways. However, we strongly recommend bone conducting headphones and ensuring you can hear instructions. This isn't us being kill joys (you'll hear on the day how much we like music!) but we maintain our own and emergency services blue light response throughout the closures. An alert runner allows us to progress and get help to where it's needed quickly, and without putting other runners at risk.
- **Water**, -who knows what the weather will be like! So, we have an aid station planned just after the 5k mark (on the return leg from ETTON :) You'll also see it on the way out- PLEASE DON'T STOP and cross the flow of runners to get water :) If we get a heatwave then we will pop another aid station up for you. At the FINISH, we will have no plastic bottles, but you'll get a cup of water. Please take this with you and then you can exit the finish line area. We've then provided an unlimited re-fill station. This works well and we're well practiced at it. It usually means runners drink when they should be (vs taking it home in the car) and they take it in smaller amounts, which is a better way of taking on water post race :) It also reduces a huge amount of plastic waste (around 12,000 bottles over the last 12 months :))

The Route & event maps:

Pop along to the event page on the website and you'll find an interactive route... but here's our talk through and map for you :)

We line up to start the event in the ground of Bishop Burton College on the internal road and we complete an anti clockwise loop around college, past the farm workshops and heading along the southern edge of the internal loop past the kennels!

We skirt past the finish area at just before 2km, passing the spectators and follow the internal road out, then turning left out onto the Bishop Burton road (closed to vehicles) heading North to Cherry Burton.

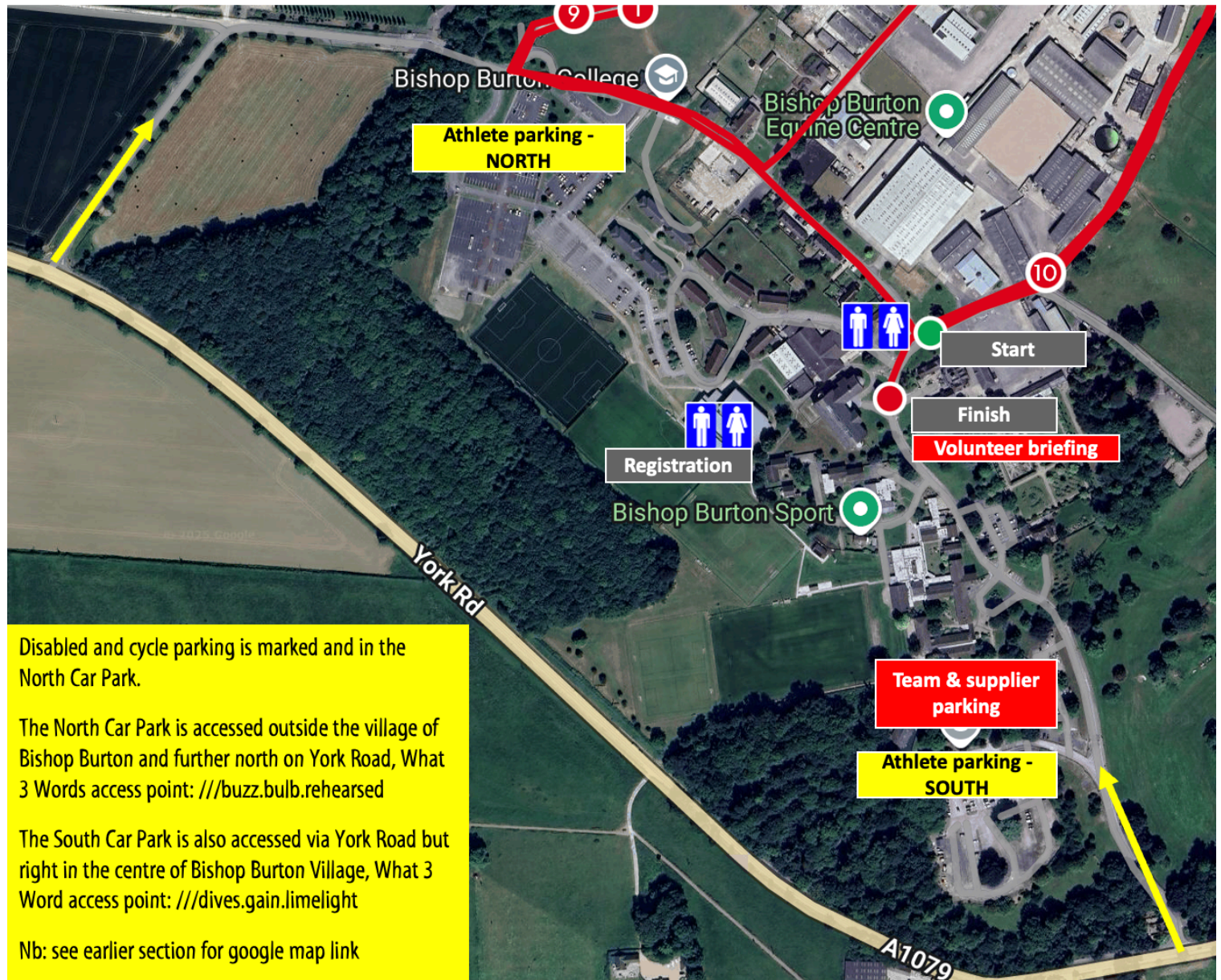
Once in Cherry Burton we then head straight across Main street and onto Etton Road (vehicles can access Cherry Burton from the East and West but not pass through the village).

We continue on this road and out northbound until reaching the village of Etton where we complete a 180 and return the way they came on the opposite road side.

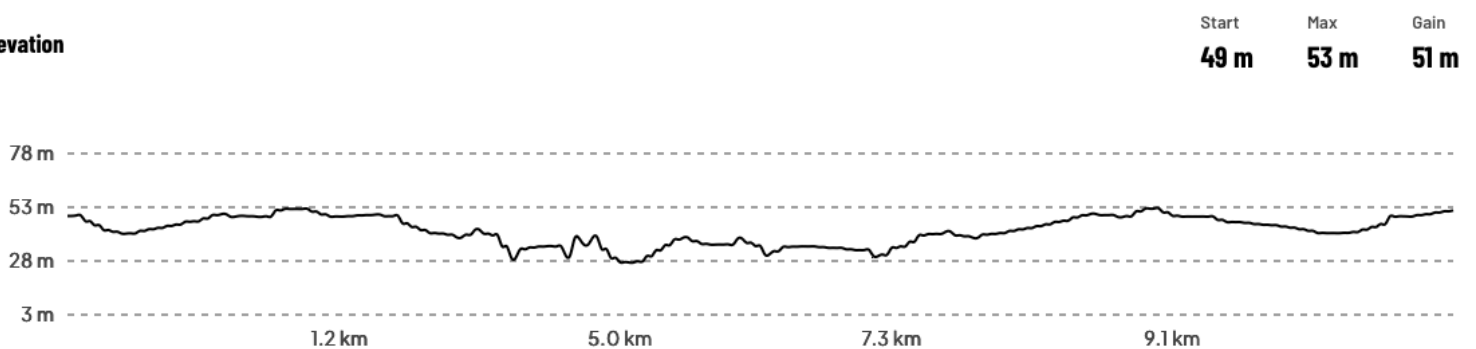
Once runners return to cherry lane (the internal Bishop Burton road) then they turn right (now keeping right/split by cones) and head again on the same anti clockwise loop as before but once reaching the centre for sport science this time turning left down the centre road of the yard past the pig welfare unit (so we get to explore all the gourds!) and turn right at the top, past the centre for skills and tech (keeping right) and turning right into the final 500m straight to the finish!

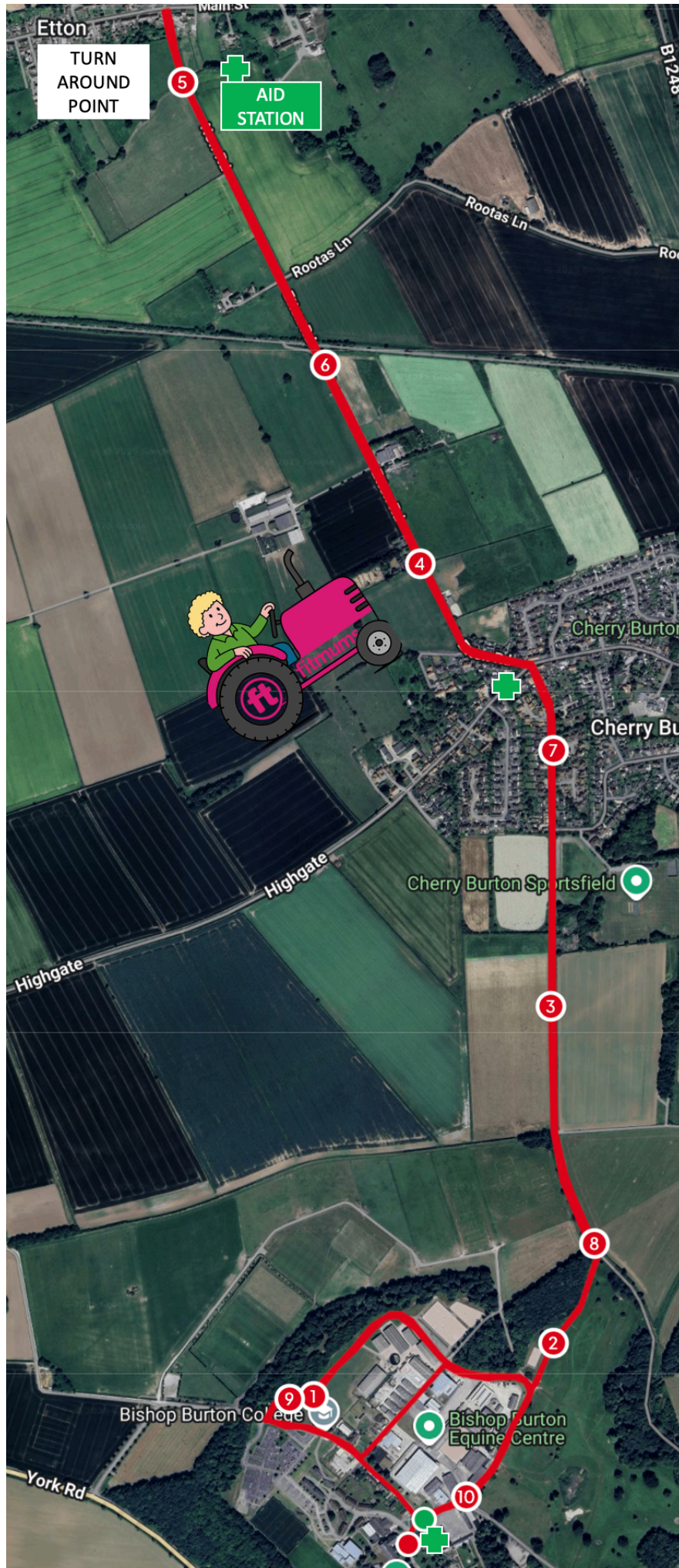
The course is a bit up and down in places but the main hill comes at 5km as you turn in Etton and return (so pace yourself accordingly and watch you don't go off too quick... it's a fast first 5k!)

Main area:

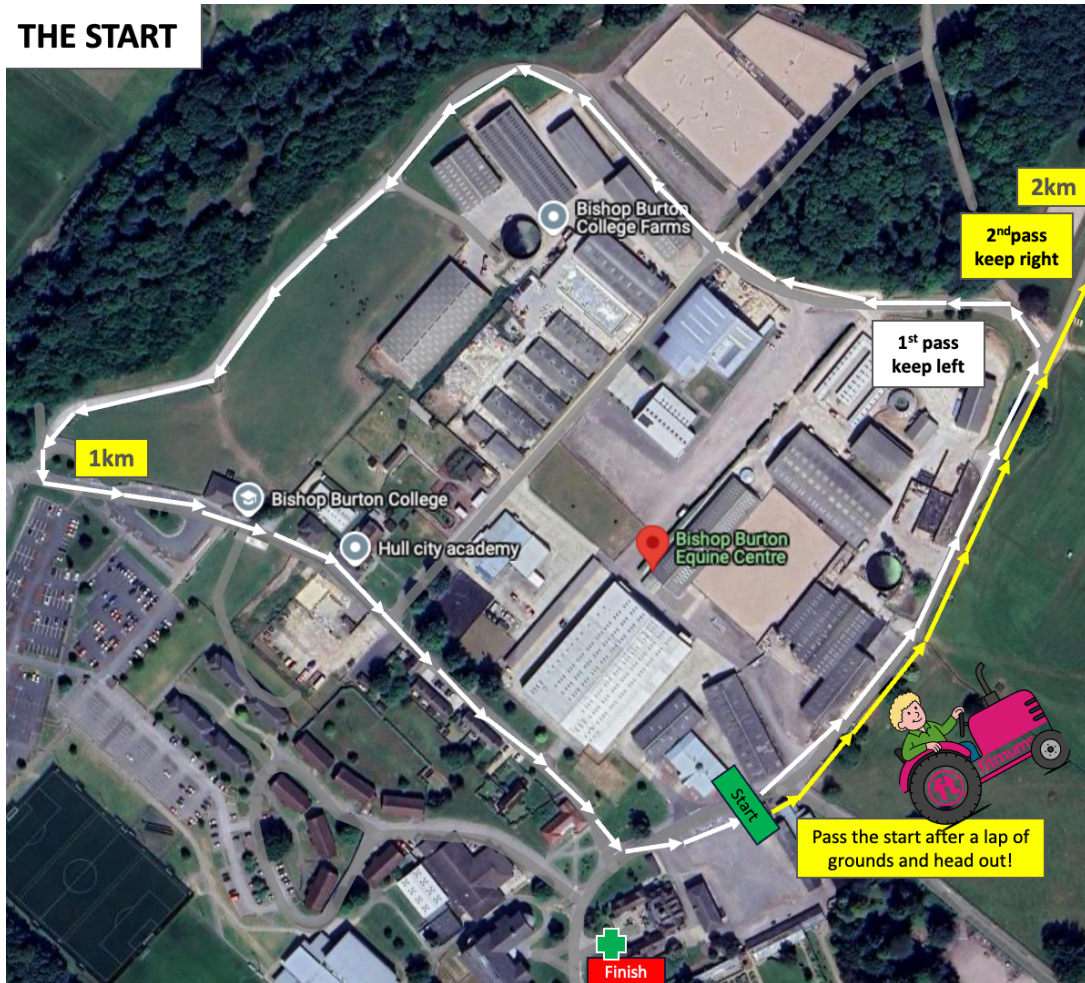


Elevation

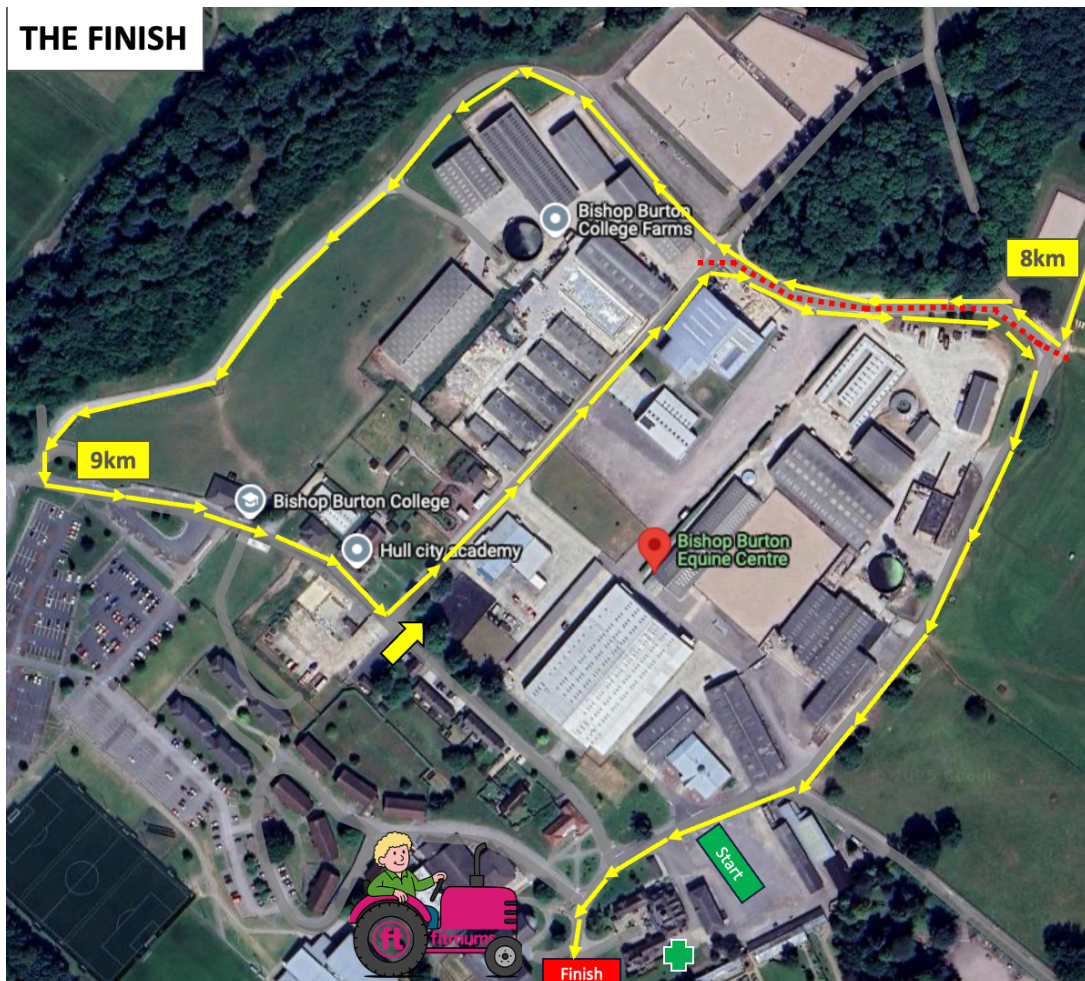




THE START



THE FINISH



HAVE A GREAT EVENT, THANK YOU & WELL DONE!

Keep up to date post event: <https://www.facebook.com/curlysathletes/>

Terms and Conditions of Entry

- As an adult participating in an Adult event, I declare that I am 18 years of age or over on the day of the event
- As a junior participant under the age of 18 taking part in an event, I declare that a responsible adult has authorised my participation in this event and has read and accepted all the terms and conditions of the race on my behalf.
- I declare that I will not compete in the race unless I am medically fit on the day of the race.
- I enter this race entirely at my own risk. The organisers will not be liable for any personal injury or death, no matter how it was caused.
- I accept that the organisers and sponsors of the race, or any of their agents, will not be liable for any loss, damage, action, claims, costs or expenses which may arise in consequence of my participation of this event.
- Any belongings deposited at a bag drop are left at the owner's risk.
- I am fully aware of all associated risks involved with participating in this event
- By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorise others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.
- I will listen to and respond to the advice given by race officials and marshals.
- Headphones must not be worn (unless otherwise stated.)
- **Event Cancellation:** If for reasons beyond the control of the Promoter, including an 'Act of God' due to unforeseen, naturally occurring events that were unavoidable, the event which applicants have entered is cancelled or postponed, the Promoters will issue a full Race Credit to the value of the original entry fee or transfer the applicant's entry to another race/events where requested. Alternatively, if an event is cancelled by the Promoter for non 'Act of God' reasons, the Promoters will offer a full refund.
- In the event of adverse weather or any other prevailing circumstances mean that the race is to be cancelled, details will be recorded on the web site and on the Facebook page.

Our refund policy is as such: We will refund entry costs to the tune of 100% 90 days prior to the event, 75% for 60 days before and 50% up until 28 days before. After this date, we are unable to process refunds.

By entering this race, I am confirming that I have read and understood the above